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Reserve

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BOOK NUMBER

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Reserve

CANNED MEAT RECIPES

Canned meat (beef, veal, mutton, pork) is the center of many good one-dish meals. Canned meat is already cooked. So cook the vegetables and cereals first, add the canned meat last, and serve hot.

Browned hash.—To 1 quart mashed potatoes add 1 pint chopped canned meat, 1 finely chopped onion, and seasonings to taste, and mix thoroughly. Mold into flat cakes and fry slowly on both sides until crusty. Or spread the mixture in an even layer in a greased frying pan and cook slowly until well browned.

Panned cabbage and corned beef.—Heat 3 tablespoons of fat in a large pan, add 3 quarts shredded cabbage, cover to keep in the steam, and cook for 10 to 15 minutes, stirring frequently. Add 1 pint canned corned beef, separated in small pieces, and heat thoroughly. Season to taste with salt, pepper, and a little vinegar.

Hot meat and onion sandwich.—Cook 1 pint sliced onions tender in 3 cups boiling salted water. Thicken with flour mixed with cold water and cook several minutes longer. Stir in 1 pint cut-up canned meat and heat thoroughly. Season to taste with salt and pepper. Use as the filling for hot sandwiches with bread or hot biscuit.

Meat and vegetable stew with dumplings.—Cook about 2 quarts sliced vegetables in 1 quart salted water until tender. Onions, turnips, and carrots are a good combination. Thicken slightly with flour mixed with cold water. Add 1 pint cut-up canned meat. Season to taste. For dumplings, sift 1 pint of flour with $\frac{3}{4}$ teaspoon salt and 1 tablespoon baking powder, work in 2 tablespoons of fat, and add 1 cup of liquid (water, or fresh milk, or dried or evaporated milk made up with water). Drop by spoonfuls over the stew, cover tightly to hold in steam, and cook for 15 to 20 minutes.

Meat and turnip pie.—Cook 1 quart diced turnips tender in 1 quart boiling salted water. Thicken with flour mixed with cold water. Add 1 pint cut-up canned meat, and pour into a shallow pan or baking dish. Cover with dough and bake in a hot oven.

For this dough, sift 1 quart of flour with $1\frac{1}{2}$ teaspoons salt and 2 tablespoons baking powder. Work in 4 tablespoons of fat. Add enough liquid (water, or fresh milk, or dried or evaporated milk made up with water) about $1\frac{1}{2}$ cups, to make a soft dough. Roll out or pat the dough about $\frac{3}{4}$ inch thick. Cover the pie with the sheet of dough, or cut it into biscuits and place them close together over the top of the meat and turnip mixture.

Meat scallop.—Cook 1 cup rice and mix with it 2 to 3 cups canned tomatoes, 1 pint cut-up canned meat, and a sliced onion. Season to taste with salt and pepper. Bake slowly in a shallow pan until the mixture thickens. Or in place of the rice use cooked hominy, hominy grits, macaroni, spaghetti, noodles, or cracked or whole wheat.

Tamale pie.—Cook together 2 cups corn meal, 2 teaspoons salt, and 4 cups water to make a fairly thick mush. Mix 1 pint cut-up canned meat with 1 pint canned tomatoes, add a finely chopped onion, and salt and pepper to taste. Put a layer of mush in a greased baking dish or pan, add the meat mixture and cover with the rest of the mush. Bake in a moderate oven until hot through and lightly browned on top.

This canned meat comes to you through the Federal Surplus Relief Corporation and is distributed by the Federal, State, and County Relief Administrations. It has been properly processed and inspected in established packing plants throughout the country. It is given in addition to present relief allowances and should not be deducted from present budgets.

BUREAU OF HOME ECONOMICS, U.S. DEPARTMENT OF AGRICULTURE

IN COOPERATION WITH THE

FEDERAL SURPLUS RELIEF CORPORATION

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